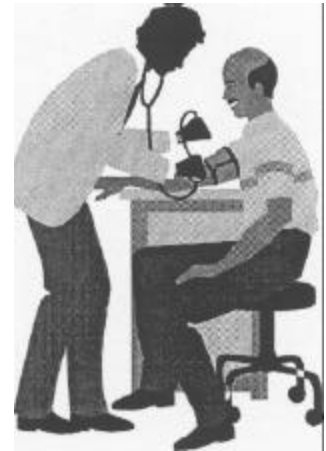
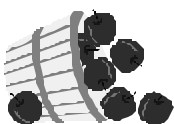


# Tips for Teaching Older Adults

- Link nutrition education to health concerns.
- Have older adults assess their own dietary practices.
- Use active participation and learning.
- Use many food demonstrations, recipes, and practical tips.
- Provide opportunities for social interaction and support.
- Encourage older adults to share life experiences.
- Presentations and materials need to consider the sight and hearing changes in older adults.
- Honor cultural backgrounds, local customs and practices, and personal preferences.
- Provide take home materials, posters, table tents, and tip sheets on healthy eating at meal sites.
- Only give one or two new topics of new information at a time.
- Provide them with connections to the community.
- Relate the nutrition message to something they already know.



Source: Contento, et al., (1995). *Journal of Nutrition Education*.



**From:** Training Curriculum, Family Nutrition Program, Purdue University Cooperative Extension, 2001.